

# Hi-ho, hi-ho.

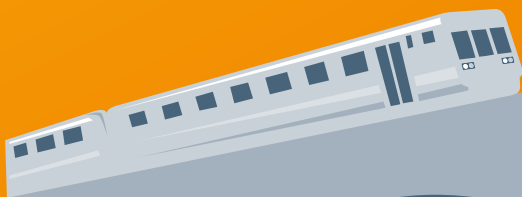
It's off to intu Metrocentre you go.

Your transport guide  
to help you get to work.

In partnership with

**GO** North East  
[www.simplygo.com](http://www.simplygo.com)

& **Go**  
Smarter  
to work



# intu Metrocentre is the biggest shopping and leisure centre in the UK and the largest in Europe.




With credentials as big as that we know our staff will be coming from far and wide and we want to make sure you have all of the information you need to make the right choice for your journey to work.

Working with Go Smarter we can show you options for getting to work you never knew existed. Go Smarter to work will make it easy for you to save money and time using the options for travelling to work that suit you.

Why not leave the car at home and come to work by bus, train or bike? Here at intu Metrocentre we have fantastic regular bus and train services coming from all over the region.

This guide aims to provide you, as an employee with as much information as possible to help you get to work. There are maps, timetable information, cycle routes, staff discount offers and much more.

## Contents

Walking and Cycling		Page 4
Public transport		Page 6
Public transport, tickets and special offers		Page 7
Car		Page 9
Taxi		Page 9
Planning your journey		Page 10
Further information		Page 11





## Walking & cycling

There are walking and cycling routes into the centre and a link to local cycle routes and the National Cycle Network. Cycle parking is available at main entrances and in most of the service yards (see map for locations). intu Metrocentre also provides showers, lockers and changing facilities. To use these facilities please contact travel coordinator Naz Bashir on 07436 280 217 or email [nazir.bashir@intu.co.uk](mailto:nazir.bashir@intu.co.uk)

If you are considering biking to work there are a range of free activities and support to help employees get more active through cycling to work.

- **Dr Bike** - Bike safety checks, minor repairs and alterations.
- **Fix it yourself** - Bike maintenance workshops for those who want to learn more about looking after their bike; courses are delivered by experienced mechanics and content covers basic bike checks, puncture repair, brakes and gears.
- **Cycle Training** - Cycle training sessions to help those who would like to cycle more but aren't confident enough. Cycle trainers will be providing cycling instruction and training to employees - three levels will cover those who are a complete beginner, haven't cycled for a while or are just looking to brush up their skills.

# Public transport



## Bus

Over 100 buses an hour from across the North East arrive at intu Metrocentre's Public Transport Interchange.



## Train

We have our own train station at intu Metrocentre and this provides direct links to Sunderland, Middlesbrough, Morpeth, Hexham and beyond.



## Metro

Although we are not on the Metro network easy connections can be made at Newcastle Monument and Central Station as well as Gateshead Interchange.

Pick up a copy of intu Metrocentre's own Public Transport Guide from the Customer Services Desks or the Transport Information Desk which shows all the direct services to the Centre by public transport.



# Public transport tickets\*

We work closely with transport operators in obtaining the best value tickets for your journey to work. There are special offers available when you purchase your weekly or monthly tickets from the Transport Desk located in the Public Transport Interchange.

There are a range of discounts available from the transport operators:



[www.simplygo.com](http://www.simplygo.com)

**Buzzfare tickets** give you big savings and unlimited travel on Go North East bus services in your area. Tickets are cheaper when bought away from the bus and with new ways to buy tickets on your mobile and from Go North East travel shops, it's never been easier to save!

For intu Metrocentre employees, you can save 10% on ticket prices when purchased from the Go North East desk in the intu Metrocentre interchange.

Buzzfare	1 day	7 days	28 days
1 Zone	£4.65	£18.00	£62.50
2 Zones	£6.10	£24.00	£81.50
All zones	£7.60	£30.90	£100.00



[www.networkonetickets.co.uk](http://www.networkonetickets.co.uk)

**Travel Tickets** cover travel on regional bus, Metro, rail and ferry journeys. The tickets are flexible to choose unlimited travel within 1 or 2 zones or the whole of Tyne and Wear.

Type	7 days	28 days	Annual
1 zone	£18.60	£64.10	£696.00
2 zones	£21.20	£74.40	£810.00
All zones	£25.40	£88.90	£958.00

\* All prices correct at January 2014

# Public transport tickets\*



[www.stagecoachbus.com/newcastle](http://www.stagecoachbus.com/newcastle)

The **Megarider** offers unlimited travel on all Stagecoach buses in Newcastle and between intu Metrocentre and Newcastle. A **Megarider+** is valid between intu Metrocentre and Newcastle as well as the outer areas such as Newburn, Killingworth, Forest Hall, Throckley and Ponteland.

Type	1 week	4 weeks	13 weeks	52 weeks
Megarider	£12.50	£48.00	£151.00	£576.00
Megarider+	£15.00	£58.00	£181.50	£696.00



[www.northernrail.org](http://www.northernrail.org)

An **Annual Rail Season Ticket** provides 52 weeks of unlimited travel for the price of 40 between destinations. See examples of local savings below.

to intu Metrocentre from	Day return	7 day	Annual
Hexham	£6.90	£30.40	£1,216.00
Morpeth	£7.70	£34.00	£1,360.00
Sunderland	£7.40	£29.90	£1,196.00



## Car

### Parking

If you come to work by car then you are required to park in the designated staff car park which is located in the coach park on Riverside Way. A courtesy bus is provided to take you from your car to the Coach Park entrance. The main car parks around the centre are reserved for our customers and anyone found parking in these car parks whilst at work will be liable to a fine.

### Car sharing

Why not cut the cost of your travel by sharing your journey to work? If you don't already know someone who lives near you and works similar work patterns then you can register on the Tyne and Wear Car Share scheme to see who else you could potentially share with. Go to [www.sharesmarter.co.uk](http://www.sharesmarter.co.uk) to register and for more details.

### Taxi

Freephones linked direct to Dean Taxis control room are located at all entrances and at the Customer Services Desks. They can pick up at the entry you request and they also have permission to wait in the Transport Interchange at the Blue Entrance next to Chiquitos.



\* All prices correct at January 2014

# Journey planning

Naz Bashir, intu Metrocentre's Travel Coordinator, is happy to help you with your journey planning needs.

Naz can create a bespoke travel plan for you looking at the different modes of travel available to you. You can contact Naz direct on **07436 280 217** or email [nazir.bashir@intu.co.uk](mailto:nazir.bashir@intu.co.uk)

Alternatively you can contact the following:

## intu Metrocentre's Transport Desk

If you need help in planning your journey then call at the Transport Desk (open Mon - Sat 10am - 6pm) and the staff there will be happy to help you. They'll also be able to advise you on the best ticket for you.

## Internet

Visit [www.intumetrocentre.co.uk](http://www.intumetrocentre.co.uk) and go to the "Getting here" pages under Customer Information. This will allow you to use two different journey planners and you simply enter your home post code to find your journey options.

Phone  
Call Traveline



**traveline**  
public transport info

[www.traveline.info](http://www.traveline.info)

**0871 200 22 33**

calls from landlines cost 10p per minute

# Further information



## Cycling

Local information for cyclists is provided by Gateshead Council.

**0191 433 3108**

[www.gateshead.gov.uk](http://www.gateshead.gov.uk)

Or visit

[www.cycle-routes.org/cycle-gateshead](http://www.cycle-routes.org/cycle-gateshead)

For information about the National Cycle Network, contact Sustrans.

**0845 113 0065**

[www.sustrans.org](http://www.sustrans.org)

Staff who wish to use the shower facilities and lockers should either visit Customer Services or call  
**0191 493 0219**

## Car Sharing

Please visit the Tyne & Wear Smarter Choices Car Share Scheme website

[www.sharesmarter.co.uk](http://www.sharesmarter.co.uk)



## Bus

network

**one**

travel tickets

## Customer Services Network Ticketing Ltd.

Stagecoach Depot, Shields Road, Walkergate, Newcastle upon Tyne NE6 2BZ  
**0191 276 3706**

[www.networkonetickets.co.uk](http://www.networkonetickets.co.uk)



## Customer Services Go North East

Freepost NT 2674, Gateshead NE8 1BR  
**0845 60 60 260**

[www.simplygo.com](http://www.simplygo.com)



**Stagecoach**  
NORTH EAST

## Customer Services Stagecoach North East

Freepost NEA 12867, Wheatsheaf, Sunderland SR1 1BR  
**0191 276 1411**  
[www.stagecoachbus.com](http://www.stagecoachbus.com)



**ARRIVA**

## Customer Services Arriva

Freepost ANG 7624, Luton, Bedfordshire LU4 BBR  
**0844 800 44 11**  
[www.arrivabus.co.uk](http://www.arrivabus.co.uk)



## Rail



**northern**

Customer Relations, Freepost (RLSL-ABEC-BGUU), Leeds LS14DY

Email: [customer.relations@northernrail.org](mailto:customer.relations@northernrail.org)  
[www.northernrail.org](http://www.northernrail.org)



## Tyne & Wear Metro

Nexus, Nexus House, St. James' Boulevard, Newcastle upon Tyne NE1 4AX  
**0191 203 3333**

**For up-to-the minute information on timetables and fares across the North East please contact Traveline.**

**0871 200 22 33**  
[www.traveline.info](http://www.traveline.info)

**Ready**

**Steady**

**Go  
Smarter  
to work**



**Helping to make  
journeys to work  
easier**

Find out what we can do for you at  
[www.gosmarter.co.uk/work](http://www.gosmarter.co.uk/work)

 [www.facebook.com/yourgosmarter](http://www.facebook.com/yourgosmarter)

**Go  
Smarter  
to work**